

ABSTRACT

Hypertension is still the leading cause of death and cardiovascular morbidity worldwide, but its long-term control remains unsatisfactory. Blood pressure is subject to certain variability during 24 hours, when its values are 10-20% lower at night than during the day. Due to the new knowledge that the circadian rhythm exists in almost all organ systems, interest in chronotherapy as a new trend in treatment is growing. This bachelor's thesis points out the importance of respecting circadian rhythms and includes current knowledge about chronotherapy of hypertension, together with an analysis of its benefits in the treatment of high blood pressure.

Keywords: hypertension, circadian rhythm, antihypertensives, chronotherapy, blood pressure